# e Senior

The Peninsula Foster Grandparent Program Newsletter

Quarterly Edition

July/Aug/Sept 2012

### A Word from the Director

Once again, we have come to the end of another school year and the beginning of summer. It appears as if these years, months, weeks and days are just flying by. As I reflect back on the year; the thoughts of our accomplishments and challenges raced through my mind. I am grateful to have volunteers such as you, because the success of the program belongs to you. Each of you stood and supported the decisions of the advisory council. I believe that with the support and commitment from you the program will continue to strike and be successful. I am very proud to serve as your program director. I encourage everyone to enjoy their summer break, and please remember to drink plenty of water. Although we may not see each other this summer, please continue to support each other. We have a few volunteers who recently had surgeries, and a few in nursing homes. Their spirits would be greatly lifted with a phone call, a card, or a visit. Let us continue to pray for each other. A family that prays together stays together.

Remember the reason why you serve our children.

Red Cloud, Sioux Chief said, "Look at me-l am poor and naked, but I am the chief of the nation. We do not want riches, but we do want to train our children right. Riches would not do us no good. We could not take them with us to the other world. We do not want riches. We want peace and love."

Take Care & God Bless, Jason S. Samuels



#### May

Marjorie Brewton, Cammie Thomas, Myrtle Hundley, Rosa Barrow, Annie Vaughan, Elsie Jones, Carol Morgan, Cordis Bunch and Cornelia Hobbs

#### June

Hannah Russell, Dornella Whiting, Theodore Washington, Janet Stephenson, Cyrena Doles, Mae Elizabeth Hill, Lavonia Underwood, George Keefe, Judith Drew, Claudia Evans-Delora, and Thelma McBride- Phillips

#### **July**

Daniel Lockey, Jean Neal, Maxine Moody, Hattie Alston, Myrtle Prater, Doris Thornton, Carol George, Artelia Hicks, Brenda Foster and Irene Sales

#### **Coming Soon! Coming Soon! Coming Soon!**

**September 21, 2012** 

Annual Foster Grandparent Program Picnic

October 2012

SALT Conference

November 16, 2012

In-Service Meeting

December 21, 2012

Winter Recognition

## **FGP Summertime Fun**

#### **Word Search Puzzle**

The words can be found across and down (no diagonals). Answer key on a following page.

pr e s i dentia l awardpc a hamptonfuturewp 4 joh n omowdirettame i o 0 as i n clunche onpgrflntsili s e n i or s cepi o o l e h o t d v e i v orkwlainnoi w n n i r e rr t kutprecao ta p o h v e r ch i ckensrnolpmorcens va cationjipors r t glo a summer offcc vib thoosr crowneplazaenu nalta y twentyhours i tremdsnj br e akfastbarsgwpeod a grandparent poestnfym recognitionas njocebe t i me sheet styhk c nooo s la p e l p i n p r o g r a m n r f t c of transportationrf ti fos tercenterrno a a e o t community pot lucklemy

40th anniversary breakfast bars center chicken children community crowne plaza diretta footprint foster future gina golden corral grandparent hampton james city jason lapel pin lots of coffee love luncheon newport news northampton picnic positive potluck presidential award program recognition sandy bottom seniors summer off timesheets transportation twenty hours

vacation

vork

williamsburg

# **Energy Assistance (Cooling Component)**

**Cooling Assistance** is a component of the Energy Assistance Program. The program is designed to provide cooling services to low income households when other resources cannot meet those needs.

#### APPLICATIONS WILL BE ACCEPTED JUNE 15 -AUGUST 15.

Payments will be made until funds are depleted. ELIGIBILITY CRITERIA

- Must meet citizenship and certain income guidelines.
- Must have at least one household member that is <u>under age 6 or age 60 years or older</u>, or <u>disabled as defined</u> by social security guidelines.
- Must have a cooling need.

#### TYPES OF ASSISTANCE

- Ceiling, attic, or whole house fan purchase/installation or repair
- Air conditioner purchase (installation or self pick up/installation).
- Repair of central air unit or heat pump.
- Payment of an electric bill to operate cooling equipment.
- Once per lifetime electric security deposit payment.

#### **Hampton Department of Human Services**

1320 LaSalle Ave. Hampton, VA 23669 (757) 727-1800 (757) 727-1835 (FAX)

#### **Newport News Department of Human Services**

Rouse Tower 6060 Jefferson Ave. Newport News, VA 23605 (757) 926-6300 (757) 926-6118 (FAX)

#### **James City County Department of Social Services**

5249 Old Towne Road Williamsburg, VA 23188 (757) 259-3100 (757) 259-3188 (FAX)

#### Williamsburg Social Service Bureau

401 Lafayette St. Williamsburg, VA 23185 (757) 220-6161 (757) 220-6113 (FAX)

#### York/Poquoson Social Services

301 Goodwin Neck Road Yorktown, VA 23692-0917 (757) 890-3787 (757) 890-3934 (FAX)

# **Summer Challenge**

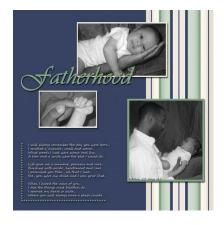
Scrapbooking

If you are like me, there are TONS of photos stored somewhere in the home. With all of the new digital imagery, the actual production of printed photos is rare these days. So with all of the printed photos that you already have...why not create a scrapbook?

What is a scrapbook? A book of photos with descriptions such as: the age of the person/people in the photo, what year the photo was taken and something interesting about the photo. Scrapbooks are basically a record of your and/or your family's history.

Scrapbooking is also a creative outlet. Take a look at a few scrapbook page examples below:









This project is super fun and even better when a grandchild or a few friends help to create each page. Scrapbook supplies can purchased at Walmart, DollarTree or any arts and crafts store.

Have fun and remember...you are creating a beautiful record of memories that will be enjoyed for years to come!

# **Easy Summer Recipes**

#### ~~~~Watermelon Salad~~~~



This recipe is so simple, YET so healthy and flavorful.

**Ingredients:** 

Watermelon cubes Cucumber cubes Shredded lettuce Slivered red onion Crumbled cheese

(Feta or blue cheese is suggested, but use what you like)
Salad dressing of your choice.

Toss in a bowl and serve. It's as simple as that!

~~~Baked Tilapia~~~~

Serve the watermelon salad with a baked tilapia fish.



Ingredients:
Tilapia
Mrs. Dash seasonings
Lemon slices

Season the fish as desired and serve with your choice of veggies.

Happy eating!

## A few things to remember...

The hours of the office staff are from 8am-4:30pm daily. Jason Samuels can be reached until 5pm on Mon-Thurs and from 8-noon on Fridays.

We would like to be attentive to your needs when you visit us. So with that in mind, it is best to call and make appointments before stopping by the office. Because of tight deadlines or agency-wide or other meetings, we may not be able to assist volunteers who come by without an appointment.

Please feel free to call ahead at anytime to schedule your visit.

All medical and income forms are due to Gina no later than August 13<sup>th</sup>. If you have any concerns, please give her a call.

#### Contact Us if You Need Us:

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